

# Carrot-Raisin Salad

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Carrots, coarsely shredded	2 lb 14 oz	3 qt	5 lb 12 oz	1 1/2 gal	1. Place carrots and raisins in large bowl.
Raisins	1 lb 7 oz	1 qt 1/2 cup	2 lb 14 oz	2 1/4 qt	
Reconstituted nonfat dry milk		1/2 cup		1 cup	2. Combine milk, mayonnaise or salad dressing, salt, nutmeg (optional), and lemon juice (optional).
Mayonnaise or salad dressing	1 lb	2 cups	2 lb	1 qt	
Salt		1/2 tsp		1 tsp	
Ground nutmeg (optional)		1/2 tsp		1 tsp	
Reconstituted frozen lemon juice concentrate (optional)		2 Tbsp		1/4 cup	
					3. Pour dressing over carrots and raisins. Mix lightly. Spread into shallow pans to a product depth of 2" or less.
					4. Cover. Refrigerate for 1 to 1 1/2 hours.
					5. Mix lightly before serving. Portion with No. 16 scoop (1/4 cup).

Comments:  
\*See Marketing Guide.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Carrot-Raisin Salad	4 lb 2 oz	8 lb 4 oz

SERVING:	YIELD:	VOLUME:
1/4 cup (No. 16 scoop) provides 1/4 cup of vegetable and fruit	<b>50 Servings:</b> about 3 1/4 qt	<b>50 Servings:</b>
	<b>100 Servings:</b> about 1 gal 2 1/2 qt	<b>100 Servings:</b>

# Carrot-Raisin Salad

Nutrients Per Serving					
Calories	116	Saturated Fat		Iron	.4mg
Protein	1g	Cholesterol	5mg	Calcium	18mg
Carbohydrate	13g	Vitamin A	734 RE/7363 IU	Sodium	87mg
Total Fat	7g	Vitamin C	2.9mg	Dietary Fiber	
Thiamin	.05mg	Riboflavin	.03mg	Niacin	.35mg
Phosphorus	29mg	Potassium	190mg		

# Chicken or Turkey Salad

Meat

Salads and Salad Dressings

E-05

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Cooked, chilled chicken or turkey, chopped	6 lb 6 oz	1 1/4 gal	12 lb 12 oz	2 1/2 gal	1. Combine chicken or turkey, celery, onions, pickle relish, pepper, and dry mustard. Add mayonnaise or salad dressing. Mix lightly until well blended. Spread into shallow pans to a product depth of 2" or less.
*Celery, chilled, chopped	1 lb 5 oz	1 1/4 qt	2 lb 10 oz	2 1/2 qt	
Dehydrated onions OR		1/4 cup 2 Tbsp	3 oz	3/4 cup 2 Tbsp	
*Fresh onions, chopped	12 oz	2 cups	1 lb 8 oz	1 qt	
Sweet pickle relish, chilled, undrained	15 oz	1 3/4 cups	1 lb 14 oz	3 1/2 cups	
Black or white pepper		2 tsp		1 Tbsp 1 tsp	
Dry mustard		1 Tbsp 1 1/2 tsp		3 Tbsp	
Mayonnaise or salad dressing, chilled	1 lb 9 1/2 oz	3 1/4 cups	3 lb 3 oz	1 qt 2 1/2 cups	
					2. Cover. Refrigerate until service.
					CCP Cool to 41 degrees F or lower within 4 hours.
					3. Portion with No. 8 scoop (1/2 cup).
					4. Serve on salad greens or in sandwiches.

Comments:

\*See Marketing Guide.

## Marketing Guide

Food as Purchased	For 50 Svgs	For 100 Svg
Chicken, whole, without neck and giblets	17 lb 12 oz	35 lb 8 oz
Turkey, whole, without neck and giblets	13 lb 10 oz	27 lb 4 oz
Celery	1 lb 9 1/2 oz	3 lb 3 oz
Mature onions	14 oz	1 lb 11 1/2 oz

SERVING:	YIELD:	VOLUME:
1/2 cup (No. 8 scoop) provides 2 oz of cooked poultry	<b>50 Servings:</b> about 1 3/4 gal <b>100 Servings:</b> about 3 1/2 gal	<b>50 Servings:</b> <b>100 Servings:</b>

# Chicken or Turkey Salad

Meat

Salads and Salad Dressings

E-05

Nutrients Per Serving			
Calories	223	Saturated Fat	Iron
Protein	16g	Cholesterol	57mg
Carbohydrate	5g	Vitamin A	11 RE/93 IU
Total Fat	15g	Vitamin C	1.9mg
Thiamin	.04mg	Riboflavin	.1mg
Phosphorus	99mg	Potassium	176mg
			1mg
			20mg
			194mg
			3.60mg

# Creamy Cole Slaw

Vegetable

Salads and Salad Dressings

E-06

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Cabbage, chilled, coarsely chopped	3 lb 8 oz	1 gal 2 cups	7 lb	2 1/4 gal	1. Place all vegetables in large bowl and toss lightly to mix.
*Carrots, chilled, finely shredded	11 oz	2 3/4 cups	1 lb 6 oz	1 qt 1 3/4 cups	
Dehydrated onions OR		1/4 cup		1/2 cup	2. Combine mayonnaise or salad dressing, sugar, celery seed, dry mustard, and vinegar.  3. Pour dressing over vegetables. Mix thoroughly. Spread into shallow pans to a product depth of 2" or less. 4. Cover. Refrigerate until service.  5. Mix lightly before serving. Portion with No. 16 scoop (1/4 cup).
*Fresh onions, finely chopped	7 oz	1 cup 2 Tbsp	14 oz	2 1/4 cups	
*Green pepper, chilled, chopped (optional)	2 3/4 oz	1/2 cup	5 1/2 oz	1 cup	
Mayonnaise or salad dressing, chilled	1 lb 1 1/2 oz	2 1/4 cup	2 lb 3 1/2 oz	1 qt 1/2 cup	
Sugar		2 Tbsp		1/4 cup	
Celery seed		2 tsp		1 Tbsp 1 tsp	
Dry mustard		1 tsp		2 tsp	
Vinegar		2 Tbsp		1/4 cup	

Comments:

\*See Marketing Guide.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Cabbage	4 lb 1 oz	8 lb 2 oz
Carrots	1 lb	2 lb
Mature onions	8 oz	1 lb
Green peppers	3 1/2 oz	6 3/4 oz

SERVING:	YIELD:	VOLUME:
1/4 cup (No. 16 scoop) provides 1/4 cup of vegetable	<b>50 Servings:</b> about 3 1/4 gal	<b>50 Servings:</b>
	<b>100 Servings:</b> about 1 gal 2 1/2 qt	<b>100 Servings:</b>

# Creamy Cole Slaw

Nutrients Per Serving					
Calories	86	Saturated Fat		Iron	.3mg
Protein	1g	Cholesterol	6mg	Calcium	21mg
Carbohydrate	3g	Vitamin A	180 RE/1823 IU	Sodium	65mg
Total Fat	8g	Vitamin C	15.8mg	Dietary Fiber	
Thiamin	.02mg	Riboflavin	.01mg	Niacin	.16mg
Phosphorus	15mg	Potassium	108mg		

# Macaroni Salad

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 gal		6 gal	1. Heat water to rolling boil. Add salt.
Salt		2 Tbsp 2 tsp	3 1/2 oz	1/3 cup	
Elbow macaroni	2 lb 10 oz	2 1/4 qt	5 lb 4 oz	1 gal 2 cups	2. Slowly add macaroni. Stir constantly, until water boils again. Cook for 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Rinse under cold water.
Mayonnaise or salad dressing, chilled	1 lb 8 oz	3 cups	3 lb	1 1/2 qt	3. Add mayonnaise or salad dressing. Mix.
*Carrots, chilled, shredded	8 oz	2 cups	1 lb	1 qt	4. Add carrots, celery, onions, pickle relish, and seasonings. Toss lightly. Spread into shallow pans to a product depth of 2" or less.
*Celery, chilled, chopped	8 oz	2 cups	1 lb	3 3/4 cups	
*Fresh onions, chopped	4 oz	2/3 cup	8 oz	1 1/3 cups	
Sweet pickle relish, chilled, undrained	4 oz	1/2 cup	8 oz	1 cup	
Black or white pepper		1 tsp		2 tsp	
Dry mustard		1 Tbsp		2 Tbsp	
Salt		1 tsp		2 tsp	
Paprika		1 1/2 tsp		1 Tbsp	5. Garnish with paprika. 6. CCP Cool to 41 degrees F or lower within 4 hours.  Cover. Refrigerate until service.
					7. Portion with No. 8 scoop (1/2 cup).

Comments:  
\*See Marketing Guide.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Carrots	11 1/2 oz	1 lb 7 oz
Celery	9 3/4 oz	1 lb 3 1/2 oz
Mature onions	4 1/2 oz	9 oz

# Macaroni Salad

SERVING:	YIELD:	VOLUME:
1/2 cup (No. 8 scoop) provides 1 serving of bread alternate	<b>50 Servings:</b> about 1 1/2 gal	<b>50 Servings:</b>
	<b>100 Servings:</b> about 3 gal	<b>100 Servings:</b>

Variation:  
A. Macaroni and Ham Salad

50 servings: Follow steps 1-3. In step 4, use 3 lb 12 oz ( 2 qt 3 1/2 cups) diced cooked ham. Continue with steps 5-7.

100 servings: Follow steps 1-3. In step 4, use 7 lb 8 oz (1 gal 1 3/4 qt) diced cooked ham. Continue with steps 5-7.

Serving: 2/3 cup (No. 6 scoop) provides 3/4 ounce of cooked lean meat and 1 serving of bread alternate.

Nutrients Per Serving					
<b>Calories</b>	179	<b>Saturated Fat</b>		<b>Iron</b>	.8mg
<b>Protein</b>	3g	<b>Cholesterol</b>	8mg	<b>Calcium</b>	14mg
<b>Carbohydrate</b>	17g	<b>Vitamin A</b>	133 RE/1364 IU	<b>Sodium</b>	339mg
<b>Total Fat</b>	11g	<b>Vitamin C</b>	1.1mg	<b>Dietary Fiber</b>	
<b>Thiamin</b>	.10mg	<b>Riboflavin</b>	.06mg	<b>Niacin</b>	.81mg
<b>Phosphorus</b>	43mg	<b>Potassium</b>	84mg		



# Pasta Salad

Vegetable-Bread Alternate

Salads and Salad Dressings

E-08

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1 1/4 gal		2 1/2 gal	1. Heat water to rolling boil. Add salt.
Salt		2 Tbsp		1/4 cup	
Pasta spirals or shells	1 lb 8 oz	2 qt	3 lb	1 gal	2. Slowly add pasta spirals or shells while stirring constantly until water boils again. Cook for 8-10 minutes. DO NOT OVERCOOK. Drain well. Rinse under cold water.
Frozen mixed vegetables, thawed and drained OR	2 lb	1 1/4 qt	4 lb	2 1/2 qt	3. Add mixed vegetables, broccoli, and pepper. Shake dressing. Pour over pasta and vegetables. Toss lightly to combine and coat evenly. Spread into shallow pans to a product depth of 2" or less.
Canned mixed vegetables, chilled, drained	1 lb 10 oz	1 qt 1/2 cup	3 lb 5 oz	3/4 No. 10 can	
Frozen chopped broccoli, thawed and drained	1 lb 6 oz	3 1/4 cups	2 lb 12 oz	1 qt 2 3/4 cups	
Black or white pepper		1 tsp		2 tsp	
Italian Dressing (see E-15)		2 cups		1 qt	
					4. CCP Cool to 41 degrees F or lower within 4 hours.
					Cover. Refrigerate until service.
					5. Mix lightly before serving.
					6. Portion with No. 10 scoop (3/8 cup).

SERVING:	YIELD:	VOLUME:
3/8 cup (No. 10 scoop) provides 1/8 cup of vegetable and 1/2 serving of bread alternate	<b>50 Servings:</b> about 1 1/4 gal	<b>50 Servings:</b>
	<b>100 Servings:</b> about 2 1/2 gal	<b>100 Servings:</b>

# Pasta Salad

Nutrients Per Serving					
Calories	113	Saturated Fat		Iron	.6mg
Protein	2g	Cholesterol	0mg	Calcium	17mg
Carbohydrate	11g	Vitamin A	118 RE/1181 IU	Sodium	330mg
Total Fat	7g	Vitamin C	9.4mg	Dietary Fiber	
Thiamin	.06mg	Riboflavin	.04mg	Niacin	.66mg
Phosphorus	35mg	Potassium	91mg		

# Potato Salad

Vegetable

Salads and Salad Dressings

E-09

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Potatoes, as purchased	9 lb		18 lb		1. Steam potatoes at 5-6 pounds of pressure for 30-45 minutes, or boil for 30-40 minutes. Cool, peel, and dice into 1/2" cubes.
*Celery, chilled, chopped	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups	2. Add all other ingredients. Mix lightly until well blended. Chill at least 1 hour before serving. Spread into shallow pans to a product depth of 2" or less.
					CCP Cool to 41 degrees F or lower within 4 hours.
*Fresh onions, finely chopped	7 oz	1 cup 2 Tbsp	14 oz	2 1/4 cups	
Sweet pickle relish, undrained, chilled	6 oz	2/3 cup	12 oz	1 1/3 cups	
Large eggs, hard-cooked, chopped (optional), chilled	1 lb 5 oz	12	2 lb 10 oz	24	
Mayonnaise or salad dressing, chilled	1 lb 8 oz	3 cups	3 lb	1 1/2 qt	
Salt		1 Tbsp		2 Tbsp	
Black or white pepper		1 tsp		2 tsp	
Dry mustard		1 Tbsp		2 Tbsp	
					3. Refrigerate until service.
					Portion with No. 8 scoop (1/2 cup).

Comments:

\*See Marketing Guide.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Celery	1 lb 3 1/2 oz	2 lb 7 oz
Mature onions	8 oz	1 lb

SERVING:	YIELD:	VOLUME:
1/2 cup (No. 8 scoop) provides 1/2 cup of vegetable	<b>50 Servings:</b> about 1 1/2 gal	<b>50 Servings:</b>
	<b>100 Servings:</b> about 3 gal	<b>100 Servings:</b>

# Potato Salad

Vegetable

Salads and Salad Dressings

E-09

Nutrients Per Serving			
Calories	165	Saturated Fat	
Protein	2g	Cholesterol	8mg
Carbohydrate	16g	Vitamin A	2 RE/53 IU
Total Fat	11g	Vitamin C	9.9mg
Thiamin	.08mg	Riboflavin	.02mg
Phosphorus	39mg	Potassium	302mg
		Iron	.4mg
		Calcium	13mg
		Sodium	254mg
		Dietary Fiber	
		Niacin	1.02mg

# Taco Salad

Meat/Meat Alternate-Vegetable-Bread Alternate

Salads and Salad Dressings

E-10

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 24% fat)	6 lb 7 oz		12 lb 14 oz		1. Brown ground beef. Drain.
Dehydrated onions OR		1/4 cup 2 tsp	2 oz	1/2 cup 1 Tbsp	2. Add onions, garlic powder, pepper, tomato paste, water, and seasonings. Blend well. Bring to boil. Reduce heat. Simmer for 25-30 minutes.  CCP Heat to 155 degrees F for 15 seconds. CCP Hold for hot service at 140 degrees F or higher.
*Fresh onions, chopped	5 oz	3/4 cup 2 Tbsp	10 oz	1 2/3 cups	
Garlic powder		1 Tbsp 1 1/2 tsp		3 Tbsp	
Black pepper		2 tsp		1 Tbsp 1 tsp	
Tomato paste	14 oz	1 1/2 cups	1 lb 12 oz	1/4 No. 10 can	
Water		1 qt		2 qt	
#Chili powder		2 Tbsp		1/4 cup	
#Ground cumin		1 Tbsp 1 1/2 tsp		3 Tbsp	
#Paprika		1 1/2 tsp		1 Tbsp	
#Onion powder		1 1/2 tsp		1 Tbsp	
*Lettuce, shredded, chilled	4 lb	2 gal	8 lb	4 gal	3. Combine lettuce and tomatoes. Toss lightly. Refrigerate until service.
*Tomatoes, chopped, chilled	1 lb 12 oz	1 qt 1/2 cup	3 lb 8 oz	2 1/4 qt	
Taco shell pieces OR	2 lb 6 oz	1 gal 2 1/3 qt	4 lb 11 oz	3 1/4 gal	4. Serving suggestions: A. Assemble each salad as follows, or in preferred order: 1st layer: about 3/4 oz (1/2 cup) taco shell pieces or 1 tostada shell
Tostada shells (.7 oz each)	2 lb 3 oz	50	4 lb 6 oz	100	2nd layer: 1 3/4 oz (3/4 cup) lettuce and tomato mixture 3rd layer: No. 16 scoop (1/4 cup) meat mixture 4th layer: 1/2 oz (2 Tbsp 1 tsp) shredded cheese OR
Cheddar cheese, shredded	1 lb 10 oz	1 qt 3 1/2 cups	3 lb 4 oz	3 3/4 qt	B. (1) Preportion 1 3/4 oz (3/4 cup) lettuce and tomato mixture and 1/2 oz (2 Tbsp 1 tsp) shredded cheese into individual soufflé cups. Refrigerate until service.
					(2) Transfer meat mixture and taco shell pieces or tostada shells into steam table pans. On each student tray, serve 3/4 oz (1/2 cup) taco shell pieces or 1 tostada shell. Top with No. 16 scoop (1/4 cup) meat mixture. Add 1 preportioned soufflé cup of lettuce and tomato mixture

# Taco Salad

Meat/Meat Alternate-Vegetable-Bread Alternate

Salads and Salad Dressings

E-10

	and 1 preportioned soufflé cup of shredded cheese. Instruct students to "build their own taco salad."
	5. If desired, serve with taco sauce.

Comments:

\*See Marketing Guide.

#Mexican Seasoning Mix (see G-1, Sauces and Gravies) may be used to replace these ingredients. For 50 servings, use 1/4 cup 1 1/2 tsp Mexican Seasoning Mix. For 100 servings, use 1/2 cup 1 Tbsp Mexican Seasoning Mix

## Marketing Guide

Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions	5 3/4 oz	11 1/2 oz
Head lettuce	5 lb 6 oz	10 lb 10 oz
Tomatoes	1 lb 12 1/2 oz	3 lb 9 oz

SERVING:	YIELD:	VOLUME:
1 salad provides the equivalent of 2 oz of cooked lean meat, 3/4 cup of vegetable, and 1 serving of bread alternate	<b>50 Servings:</b> 50 salads <b>100 Servings:</b> 100 salads	<b>50 Servings:</b> <b>100 Servings:</b>

## Nutrients Per Serving

<b>Calories</b>	232	<b>Saturated Fat</b>		<b>Iron</b>	3.1mg
<b>Protein</b>	13g	<b>Cholesterol</b>	37mg	<b>Calcium</b>	57mg
<b>Carbohydrate</b>	18g	<b>Vitamin A</b>	70 RE/719 IU	<b>Sodium</b>	82mg
<b>Total Fat</b>	12g	<b>Vitamin C</b>	8mg	<b>Dietary Fiber</b>	
<b>Thiamin</b>	.28mg	<b>Riboflavin</b>	.27mg	<b>Niacin</b>	4.31mg
<b>Phosphorus</b>	145mg	<b>Potassium</b>	380mg		

# Three Bean Salad

Vegetable

Salads and Salad Dressings

E-11

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned kidney beans, chilled, drained	1 lb 2 oz	1/4 No. 10 can	2 lb 4 oz	1/2 No. 10 can	1. Rinse kidney beans in cold water and drain well.
Canned wax beans, chilled, drained	15 oz	1/4 No. 10 can	1 lb 14 oz	1/2 No. 10 can	2. Combine kidney beans, wax beans, green beans, onions, and green pepper (optional).
Canned cut green beans, chilled, drained	2 lb 5 1/2 oz	1 qt 3 1/2 cups	4 lb 11 oz	1 1/4 No. 10 cans	
*Fresh white or red onions, chopped OR	3 oz	1/2 cup	6 oz	1 cup	
Dehydrated onions		1 Tbsp 1 1/2 tsp		3 Tbsp	
*Green pepper, chilled, chopped (optional)	6 1/2 oz	1 1/4 cups	13 oz	2 1/2 cups	
Vegetable oil		2/3 cup		1 1/3 cups	3. Combine vegetable oil, vinegar, sugar, basil, pepper, and garlic powder. Mix until well blended.
Vinegar		2/3 cup		1 1/3 cups	
Sugar	2 1/4 oz	1/3 cup	4 1/2 oz	2/3 cup	
Flaked basil		1 Tbsp		2 Tbsp	
Black or white pepper		1 tsp		2 tsp	
Garlic powder		1 tsp		2 tsp	
					4. Pour dressing over beans. Toss lightly to combine and coat evenly. Spread into shallow pans to a product depth of 2" or less. Cover. Refrigerate until service.
					5. Mix lightly before serving. Portion with No. 16 scoop (1/4 cup).

Comments:

\*See Marketing Guide.

## Marketing Guide

Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions	3 1/2 oz	7 oz
Green peppers	8 1/4 oz	1 lb 1/2 oz

# Three Bean Salad

SERVING:	YIELD:	VOLUME:
1/4 cup (No. 16 scoop) provides 1/4 cup of vegetable	<b>50 Servings:</b> about 3 1/4 qt	<b>50 Servings:</b>
	<b>100 Servings:</b> about 1 gal 2 1/2 qt	<b>100 Servings:</b>

Nutrients Per Serving					
<b>Calories</b>	50	<b>Saturated Fat</b>		<b>Iron</b>	.6mg
<b>Protein</b>	1g	<b>Cholesterol</b>	0mg	<b>Calcium</b>	13mg
<b>Carbohydrate</b>	5g	<b>Vitamin A</b>	11 RE/109 IU	<b>Sodium</b>	75mg
<b>Total Fat</b>	3g	<b>Vitamin C</b>	1.6mg	<b>Dietary Fiber</b>	
<b>Thiamin</b>	.02mg	<b>Riboflavin</b>	.02mg	<b>Niacin</b>	.14mg
<b>Phosphorus</b>	21mg	<b>Potassium</b>	76mg		



# Waldorf Fruit Salad

Fruit

Salads and Salad Dressings

E-12

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Apples, cored, unpeeled, chilled, diced	2 lb 2 oz	2 1/4 qt	4 lb 4 oz	1 gal 2 cups	1. Sprinkle apples with lemon juice to prevent discoloration.
Reconstituted frozen lemon juice concentrate		1/4 cup		1/2 cup	
Canned mixed fruit, chilled, drained	3 lb 4 oz	3/4 No. 10 can	6 lb 8 oz	1 1/2 No. 10 cans	2. Combine apples, mixed fruit, celery (optional), raisins (optional), mayonnaise or salad dressing, and nutmeg (optional). Mix lightly to combine. Spread into shallow pans to a product depth of 2" or less.
*Celery, chilled, chopped (optional)	7 1/2 oz	1 3/4 cups	15 oz	3 1/2 cups	
Raisins (optional)	10 oz	2 cups	1 lb 4 oz	1 qt	
Mayonnaise or salad dressing, chilled	6 oz	3/4 cup	12 oz	1 1/2 cups	
Ground nutmeg (optional)		1/2 tsp		1 tsp	3. Cover. Refrigerate until service.
Chopped walnuts	8 1/2 oz	2 cups	1 lb 1 oz	1 qt	
					4. Add nuts before service. Toss lightly. For best results, use same day. Portion with No. 16 scoop (1/4 cup).

Comments:  
\*See Marketing Guide.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Apples	2 lb 5 1/2 oz	4 lb 11 oz
Celery	9 1/4 oz	1 lb 2 1/2 oz

SERVING:	YIELD:	VOLUME:
1/4 cup (No. 16 scoop) provides 1/4 cup of fruit	<b>50 Servings:</b> about 3 1/2 qt	<b>50 Servings:</b>
	<b>100 Servings:</b> about 1 3/4 gal	<b>100 Servings:</b>

# Waldorf Fruit Salad

Fruit

Salads and Salad Dressings

E-12

Nutrients Per Serving			
Calories	84	Saturated Fat	
Protein	1g	Cholesterol	2mg
Carbohydrate	8g	Vitamin A	8 RE/ 87 IU
Total Fat	6g	Vitamin C	2.2mg
Thiamin	.03mg	Riboflavin	.02mg
Phosphorus	21mg	Potassium	75mg
		Iron	.3mg
		Calcium	8mg
		Sodium	22mg
		Dietary Fiber	
		Niacin	1.18mg

# Creamy Dip for Fresh Vegetables

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Plain lowfat yogurt	8 3/4 oz	1 cup	2 lb 3 oz	1 qt	1. Combine all ingredients. Blend well.
Mayonnaise or salad dressing	1 lb 3 1/2 oz	2 1/2 cups	4 lb 15 oz	2 1/2 qt	
Reconstituted nonfat dry milk		1/2 cup		2 cup	
Parsley flakes		2 Tbsp		1/2 cup	
Garlic powder		3/4 tsp		1 Tbsp	
Onion powder		3/4 tsp		1 Tbsp	
Salt		1 1/2 tsp		2 Tbsp	
Black or white pepper		1/2 tsp		2 tsp	
					2. Cover. Refrigerate until service. For best results, refrigerate overnight to develop flavor.
					3. Serve with raw vegetables or tossed green salads.

**Comments:**

50 servings recipe is for 1 quart Creamy Dip. 100 servings recipe is for 1 gallon.

SERVING:	YIELD:	VOLUME:
2 Tbsp (1-oz ladle)	<b>50 Servings:</b> about 32 1 oz servings	<b>50 Servings:</b> 1 qt
	<b>100 Servings:</b> about 128 1 oz servings	<b>100 Servings:</b> 1 gal

# Creamy Dip for Fresh Vegetables

Nutrients Per Serving			
Calories	132	Saturated Fat	
Protein	1g	Cholesterol	11mg
Carbohydrate	1g	Vitamin A	4 RE/73 IU
Total Fat	14g	Vitamin C	.2mg
Thiamin	.01mg	Riboflavin	.02mg
Phosphorus	21mg	Potassium	36mg
		Iron	.2mg
		Calcium	24mg
		Sodium	218mg
		Dietary Fiber	
		Niacin	.02mg

# French Dressing

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Sugar		2 Tbsp	4 oz	1/2 cup 1 Tbsp	1. Mix sugar, salt, dry mustard, and paprika.
Salt		1 tsp		1 Tbsp 1 tsp	
Dry mustard		1 1/2 tsp		2 Tbsp	
Paprika		1 1/2 tsp		2 Tbsp	2. Add onions.
Dehydrated onions		1 Tbsp		1/4 cup	
Vegetable oil		2 1/4 cups		2 1/4 qt	3. Blend in oil, lemon juice, vinegar, and catsup in mixer at medium speed for 3 minutes.
Reconstituted frozen lemon juice concentrate		1/2 cup		2 cups	
Vinegar		1/2 cup 2 Tbsp		2 1/2 cups	
Catsup	5 oz	1/2 cup	1 lb 4 oz	2 cups	4. Cover. Refrigerate until service. For best results, refrigerate overnight to develop flavor.
					5. Stir or shake well before serving.

## Comments:

50 servings recipe is for 1 quart French Dressing. 100 servings recipe is for 1 gallon.

SERVING:	YIELD:	VOLUME:
2 Tbsp (1-oz ladle)	<b>50 Servings:</b> about 32 1 oz servings	<b>50 Servings:</b> 1 qt
	<b>100 Servings:</b> about 128 1 oz servings	<b>100 Servings:</b> 1 gal

## Variation:

A. Honey French Dressing

Quart: In step 1, omit sugar. Use 2 Tbsp honey. Continue with steps 2-5.

Gallon: In step 1, omit sugar. Use 1/2 cup 1 Tbsp honey. Continue with steps 2-5.

# French Dressing

Nutrients Per Serving					
Calories	146	Saturated Fat		Iron	.1mg
Protein	Tr	Cholesterol	0mg	Calcium	3mg
Carbohydrate	3g	Vitamin A	13 RE/128 IU	Sodium	120mg
Total Fat	15g	Vitamin C	2.1mg	Dietary Fiber	
Thiamin	.01mg	Riboflavin	.01mg	Niacin	.1mg
Phosphorus	5mg	Potassium	30mg		

# Italian Dressing

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		3 cups		3 qt	1. Combine all ingredients in mixer bowl.
Reconstituted frozen lemon juice concentrate		1/2 cup		2 cups	
Vinegar		1 1/2 cup		2 cups	
Sugar		1 Tbsp		1/4 cup	
Salt		1 1/2 tsp		2 Tbsp	
Garlic powder		3/4 tsp		1 Tbsp	
Dehydrated onions		2 Tbsp		1/2 cup	
#Flaked basil		1 tsp		1 Tbsp 1 tsp	
#Flaked oregano		1 tsp		1 Tbsp 1 tsp	
#Flaked marjoram		3/4 tsp		1 Tbsp	
#Flaked thyme		1/4 tsp		1 tsp	
					2. Blend in mixer at medium speed for 3 minutes.
					3. Cover. Refrigerate until service. For best results, refrigerate overnight to develop flavor.
					4. Stir or shake well before serving.

## Comments:

50 servings recipe is for 1 quart Italian Dressing. 100 servings recipe is for 1 gallon.

#Italian Seasoning Mix (see G-1, Sauces and Gravies) may be used to replace these ingredients. For 1 qt, use 1 Tbsp Italian Seasoning Mix. For 1 gal, use 1/4 cup Italian Seasoning Mix.

SERVING:	YIELD:	VOLUME:
2 Tbsp (1-oz ladle)	<b>50 Servings:</b> about 32 1 oz servings	<b>50 Servings:</b> 1 qt
	<b>100 Servings:</b> about 128 1 oz servings	<b>100 Servings:</b> 1 gal

# Italian Dressing

Nutrients Per Serving					
Calories	185	Saturated Fat		Iron	.1mg
Protein	Tr	Cholesterol	0mg	Calcium	3mg
Carbohydrate	1g	Vitamin A	1 RE/6 IU	Sodium	111mg
Total Fat	20g	Vitamin C	1.5mg	Dietary Fiber	
Thiamin	Tr	Riboflavin	Tr	Niacin	.01mg
Phosphorus	2mg	Potassium	14mg		



# Thousand Island Dressing

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Mayonnaise or salad dressing	1 lb 5 1/2 oz	2 3/4 cups	5 lb 6 oz	2 3/4 qt	1. Combine mayonnaise or salad dressing and catsup. Blend well.
Catsup	8 1/4 oz	3/4 cup 1 Tbsp	2 lb 1/2 oz	3 1/4 cups	
Sweet pickle relish, undrained	2 1/4 oz	1/4 cup	8 3/4 oz	1 cup	2. Add pickle relish, onions, chopped eggs (optional), and pimientos (optional). Mix well.
Dehydrated onions		1 1/2 tsp		2 Tbsp	
Large eggs, hard-cooked, finely chopped (optional)	3 1/2 oz	2	14 1/4 oz	8	3. Cover. Refrigerate until service. For best results, refrigerate overnight to develop flavor. 4. Stir or shake well before using.
Pimientos, chopped (optional)		2 Tbsp	4 oz	1/2 cup	

## Comments:

50 servings recipe is for 1 quart Thousand Island Dressing. 100 servings recipe is for 1 gallon.

SERVING:	YIELD:	VOLUME:
2 Tbsp (1-oz ladle)	<b>50 Servings:</b> about 32 1 oz servings	<b>50 Servings:</b> 1 qt
	<b>100 Servings:</b> about 128 1 oz servings	<b>100 Servings:</b> 1 gal

# Thousand Island Dressing

Nutrients Per Serving					
Calories	147	Saturated Fat		Iron	.2mg
Protein	Tr	Cholesterol	11mg	Calcium	6mg
Carbohydrate	3g	Vitamin A	10 Re/156 IU	Sodium	197mg
Total Fat	15g	Vitamin C	1mg	Dietary Fiber	
Thiamin	.01mg	Riboflavin	.01mg	Niacin	.12mg
Phosphorus	9mg	Potassium	38mg		

# Broccoli Salad

Vegetable/Fruit

Salads and Salad Dressings

E-17

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh broccoli	6 lb 12 oz	2 gal 2 qt	13 lb 8 oz	5 gal	1. Wash broccoli. Cut heads into florets. Dice stems.
Lowfat mayonnaise	2 lb	1 qt	4 lb	2 qt	2. Combine lowfat mayonnaise, sugar, vinegar, and milk. Mix well. Add to diced broccoli.
Sugar	1 lb	2 cups	2 lb	1 qt	
White vinegar		1/4 cup		1/2 cup	
Lowfat milk		1/4 cup		1/2 cup	
Raisins	2 lb 6 oz	1 qt 3 1/2 cups	4 lb 12 oz	3 qt 3 cups	3. Add raisins, walnuts (optional), and onions (optional) to broccoli mixture. Stir to coat all pieces with dressing. Spread into shallow pans to a product depth of 2" or less.
Walnuts, chopped (optional)	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups	
Red onions, sliced (optional)	6 oz	1 cup	12 oz	2 cups	4. Chill before serving. (For best results, chill for at least 2 hours before serving.) Refrigerate until service.

SERVING:	YIELD:	VOLUME:
1/2 cup (No. 8 scoop) provides 3/8 cup of vegetable and fruit	<b>50 Servings:</b> 11 lb 3 oz <b>100 Servings:</b> 22 lb 6 oz	<b>50 Servings:</b> 2 1/2 gal <b>100 Servings:</b> 5 gal

Nutrients Per Serving					
<b>Calories</b>	156	<b>Saturated Fat</b>	.7g	<b>Iron</b>	.9mg
<b>Protein</b>	2g	<b>Cholesterol</b>	4mg	<b>Calcium</b>	36mg
<b>Carbohydrate</b>	32g	<b>Vitamin A</b>	78 RE/774 IU	<b>Sodium</b>	107mg
<b>Total Fat</b>	3.8g	<b>Vitamin C</b>	47mg	<b>Dietary Fiber</b>	2g
<b>Thiamin</b>		<b>Riboflavin</b>		<b>Niacin</b>	
<b>Phosphorus</b>		<b>Potassium</b>			

# Clear Dressing

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable stock, non-MSG		1 2/3 cups		3 1/3 cups	1. Dissolve cornstarch in vegetable stock in pot.
Cornstarch		3 Tbsp 1 tsp		1/4 cup 2 Tbsp 2 tsp	2. Bring to boil.
					3. Remove from heat and allow to cool.
Vegetable oil		1 2/3 cups		3 1/3 cups	4. Use a wire whip to stir mixture, while adding oil slowly.
White vinegar		1 2/3 cups		3 1/3 cups	5. Add white vinegar, sugar, white pepper, and garlic powder and stir to blend.
Sugar	10 oz	1 1/4 cups	1 lb 4 oz	2 1/2 cups	
White pepper		2 tsp		1 Tbsp 1 tsp	
Garlic powder		2 tsp		1 Tbsp 1 tsp	
					6. Chill. Refrigerate until service. Stir or shake well before serving.

SERVING:	YIELD:	VOLUME:
2 Tbsp (1-oz ladle)	<b>50 Servings:</b> 3 lb 3 oz	<b>50 Servings:</b> 1 qt 2 1/2 cups
	<b>100 Servings:</b> 6 lb 6 oz	<b>100 Servings:</b> 3 qt 1 cup

## Special Tips:

- 1) Add imitation bacon bits and serve dressing hot over spinach or lettuce.
- 2) This works well as a marinade for steamed or canned vegetables.
- 3) This dressing may be used as a substitute for coleslaw dressing.

# Clear Dressing

Nutrients Per Serving					
Calories	90	Saturated Fat	1.1g	Iron	0mg
Protein	0g	Cholesterol	0mg	Calcium	1mg
Carbohydrate	7g	Vitamin A	0 RE/1 IU	Sodium	4mg
Total Fat	7.3g	Vitamin C	0mg	Dietary Fiber	0mg
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			

# Ranch Dressing

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Buttermilk		3 1/4 cups		1 qt 2 1/2 cups	1. Combine buttermilk and lemon juice in a mixing bowl. Allow mixture to rest for 10 minutes.
Lemon juice		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Plain lowfat yogurt	10 oz	1 1/4 cups	1 lb 4 oz	2 1/2 cups	2. Using a paddle attachment, blend in the yogurt and sour cream. Let mixture rest for 5 more minutes.
Sour cream	4 oz	1/2 cup	8 oz	1 cup	
Lowfat mayonnaise	13 oz	1 2/3 cups	1 lb 10 oz	3 1/3 cups	3. Add rest of ingredients to mixture in mixing bowl. Mix on low speed for 2 to 3 minutes until blended.
Onion powder		2 Tbsp		4 Tbsp	
Garlic powder		2 Tbsp		4 Tbsp	4. Chill at least 12 hours before serving to allow to thicken. Refrigerate until service.
White pepper		1/2 tsp		1 tsp	
Dried chives		1 tsp		2 tsp	
Dried parsley		1 Tbsp		2 Tbsp	
Salt		2 tsp		1 Tbsp 1 tsp	

SERVING:	YIELD:	VOLUME:
2 Tbsp (1-oz ladle)	<b>50 Servings:</b> 3 lb 5 oz	<b>50 Servings:</b> 1 qt 2 1/4 cups
	<b>100 Servings:</b> 6 lb 10 oz	<b>100 Servings:</b> 3 qt 1/2 cup

Special Tip:  
Add an additional 8 oz of lowfat mayonnaise per 50 servings for an excellent vegetable dip.

# Ranch Dressing

Nutrients Per Serving					
Calories	34	Saturated Fat	.7g	Iron	.1mg
Protein	1g	Cholesterol	4mg	Calcium	33mg
Carbohydrate	3g	Vitamin A	8 RE/39 IU	Sodium	152mg
Total Fat	2.1g	Vitamin C	1mg	Dietary Fiber	0g
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			

# Honey Dressing

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Lowfat plain yogurt	1 lb 12 oz	3 1/2 cups	3 lb 8 oz	1 qt 3 cups	1. Combine all ingredients in a mixing bowl. Using a paddle attachment, mix on low speed for 3 to 5 minutes.
Honey	1 lb	1 1/3 cups	2 lb	2 2/3 cups	
Paprika		1 tsp		2 tsp	2. For best results, chill at least 12 hours prior to serving. Refrigerate until service.
Orange juice		1/2 cup		1 cup	
Yellow prepared mustard	2 oz	1/4 cup	4 oz	1/2 cup	

SERVING:	YIELD:	VOLUME:
2 Tbsp (1 oz ladle)	<b>50 Servings:</b> 3 lb 2 oz	<b>50 Servings:</b> 1 qt 2 1/4 cups
	<b>100 Servings:</b> 6 lb 4 oz	<b>100 Servings:</b> 3 qt 1/2 cup

Special Tip:

This makes a tasty dipping sauce for chicken or fish nuggets.

Nutrients Per Serving					
<b>Calories</b>	40	<b>Saturated Fat</b>	.2g	<b>Iron</b>	.1mg
<b>Protein</b>	1g	<b>Cholesterol</b>	1mg	<b>Calcium</b>	31mg
<b>Carbohydrate</b>	9g	<b>Vitamin A</b>	6 RE/40 IU	<b>Sodium</b>	26mg
<b>Total Fat</b>	.3g	<b>Vitamin C</b>	1mg	<b>Dietary Fiber</b>	0g
<b>Thiamin</b>		<b>Riboflavin</b>		<b>Niacin</b>	
<b>Phosphorus</b>		<b>Potassium</b>			



# Marinated Black Bean Salad

Vegetable or Meat Alternate-Vegetable

Salads and Salad Dressings

E-21

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned black beans, drained	5 lb	2 qt 2 cups	10 lb	1 gal 1 qt	1. Combine black beans, corn, peppers, and onions in a large bowl.
Frozen corn, thawed	3 lb 8 oz	1 qt 3 cups	7 lb	3 qt 2 cups	
*Green pepper, minced	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	2. For dressing, combine the lemon juice, parsley, cumin, garlic powder, salsa, and oil.
*Red pepper, minced	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	
*Fresh onions, minced	4 oz	3/4 cups	8 oz	1 1/2 cups	3. Pour dressing over salad and toss lightly to combine. Spread into shallow pans to a product depth of 2" or less.
Lemon juice		1/2 cup		1 cup	
Dried parsley		2 Tbsp		1/4 cup	4. Refrigerate until service.
Ground cumin		1 Tbsp		2 Tbsp	
Garlic powder		2 tsp		1 Tbsp 1 tsp	5. Sprinkle Monterey Jack cheese (optional) on top before serving.
Salsa	1 lb 12 oz	3 1/4 cups	3 lb 8 oz	1 qt 2 1/2 cups	
Vegetable oil		1/4 cup		1/2 cup	
Monterey Jack cheese, shredded (optional)	1 lb	2 cups	2 lb	1 qt	

Comments:

\*See Marketing Guide.

## Marketing Guide

Food as Purchased	For 50 Svgs	For 100 Svg
Green peppers	15 oz	1 lb 14 oz
Red peppers	15 oz	1 lb 14 oz
Onions	5 oz	10 oz

SERVING:	YIELD:	VOLUME:
1/2 cup (No. 8 scoop) provides 3/8 cup of vegetable or 1/8 cup meat alternate and 1/4 cup vegetable	<b>50 Servings:</b> 11 lb 14 oz <b>100 Servings:</b> 23 lb 12oz	<b>50 Servings:</b> 1 1/2 gal <b>100 Servings:</b> 3 gal

Special Tips:

1) This salad is a colorful accompaniment for Tacos (D-13).

2) Black beans can be rinsed to brighten their color.

# Marinated Black Bean Salad

Nutrients Per Serving					
Calories	159	Saturated Fat	.3g	Iron	1.4mg
Protein	5g	Cholesterol	0mg	Calcium	30mg
Carbohydrate	17g	Vitamin A	62 RE/620 IU	Sodium	212mg
Total Fat	1.7g	Vitamin C	24mg	Dietary Fiber	4g
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			

# New Italian Dressing

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken or vegetable stock		1 1/2 cups		3 cups	1. Measure chicken or vegetable stock into pot. Add carrots, onions, celery leaf (optional), and cornstarch.
*Fresh carrots, minced	1 oz	1/4 cup	2 oz	1/2 cup	
Onions, minced	1 oz	1/4 cup	2 oz	1/2 cup	2. Heat to a boil, stirring constantly. Boil for 3 minutes or until thickened.
Celery leaf, minced (optional)		1/4 cup		1/2 cup	
Cornstarch	1/2 oz	1 Tbsp	1 oz	2 Tbsp	3. Turn off heat and let stand for 5 minutes.
Sugar		1 Tbsp		2 Tbsp	4. Add sugar, white pepper, parsley, oregano, basil, garlic powder, and vinegar to the thickened stock mixture using a wire whip.
White pepper		1/2 tsp		1 tsp	
Dried parsley		1 Tbsp		2 Tbsp	
Dried oregano leaves		1/2 tsp		1 tsp	
Dried basil leaves		1 1/2 tsp		1 Tbsp	
Garlic powder		1 Tbsp		2 Tbsp	
Cider vinegar		3/4 cup		1 1/2 cups	
Vegetable oil		1 1/2 cups		3 cups	5. Still using the wire whip, slowly add oil to dressing mixture.
					6. For best results, refrigerate overnight to thicken and develop flavors. Refrigerate until service.

Comments:

\*See Marketing Guide.

## Marketing Guide

### Food as Purchased

### For 50 Svgs

### For 100 Svg

Carrots

1 oz

3 oz

SERVING:	YIELD:	VOLUME:
2 Tbsp (1 oz ladle)	<b>50 Servings:</b> 1 lb 15 oz	<b>50 Servings:</b> 3 3/4 cups
	<b>100 Servings:</b> 3 lb 14 oz	<b>100 Servings:</b> 1 qt 3 1/2 cups

Special Tip:

Add imitation bacon bits and serve dressing hot over spinach or lettuce.

# New Italian Dressing

Nutrients Per Serving					
Calories	62	Saturated Fat	1g	Iron	.1mg
Protein	0g	Cholesterol	0mg	Calcium	2mg
Carbohydrate	1g	Vitamin A	15 RE/152 IU	Sodium	45mg
Total Fat	6.6g	Vitamin C	0mg	Dietary Fiber	0g
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			

# Tabouleh (tah-BUHL-lee)

Vegetable-Grains/Breads

Salads and Salad Dressings

E-23

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
No. 3 Bulgur	2 lb	1 qt 2 cups	4 lb	3 qt	1. Combine bulgur and boiling water in a large bowl. Let stand for 30 minutes or until water is absorbed. Do not drain.
Water		1 qt 2 cups		3 qt	
*Fresh tomatoes, unpeeled, diced	4 lb	2 qt	8 lb	1 gal	2. Add tomatoes, cucumbers, parsley, onions, mint, and cumin (optional) to the bulgur.
*Fresh cucumbers, peeled, seeded, diced	1 lb 14 oz	1 qt	3 lb 12 oz	2 qt	
*Fresh parsley, chopped	3 oz	3 cup	6 oz	1 qt 2 cups	
*Onions, diced	12 oz	2 cups	1 lb 8 oz	1 qt	
Fresh mint, chopped OR		1/4 cup		1/2 cup	
Dried mint		1 tsp		2 tsp	
Cumin (optional)		1/2 tsp		1 tsp	
Salt		2 Tbsp		1/4 cup	3. For dressing, combine salt and lemon juice in a small bowl. Whisk in the oil.
Lemon juice		1 1/3 cups		2 2/3 cups	4. Add dressing to salad and toss to combine all ingredients. Spread into shallow pans to a product depth of 2" or less.
					CCP Cool to 41 degrees F or lower within 4 hours.
Vegetable oil		1/2 cup		1 cup	5. Refrigerate until service.

Comments:

\*See Marketing Guide.

Marketing Guide		
Food as Purchased	For 50 Svg	For 100 Svg
Tomatoes	4 lb 1 oz	8 lb 2 oz
Cucumbers	4 lb 4 oz	8 lb 8 oz
Parsley	3 1/2 oz	7 oz
Onions	13 1/2 oz	1 lb 11 oz

# Tabouleh (tah-BUHL-lee)

SERVING:	YIELD:	VOLUME:
1/2 cup provides 3/8 cup of vegetable and 3/4 serving of grains/breads	<b>50 Servings:</b> 12 lb 5 oz	<b>50 Servings:</b> 1 1/2 gal
	<b>100 Servings:</b> 24 lb 10 oz	<b>100 Servings:</b> 3 gal

Special Tip:  
For a tasty variation, add 2 cups of chopped black olives per 50 servings.

Nutrients Per Serving					
<b>Calories</b>	96	<b>Saturated Fat</b>	.4g	<b>Iron</b>	.8mg
<b>Protein</b>	3g	<b>Cholesterol</b>	0mg	<b>Calcium</b>	17mg
<b>Carbohydrate</b>	17g	<b>Vitamin A</b>	33 RE/334 IU	<b>Sodium</b>	289mg
<b>Total Fat</b>	2.6g	<b>Vitamin C</b>	12mg	<b>Dietary Fiber</b>	4g
<b>Thiamin</b>		<b>Riboflavin</b>		<b>Niacin</b>	
<b>Phosphorus</b>		<b>Potassium</b>			